

## Household Commodity Fact Sheet

**BISON STEW, CANNED**

Date: April 2009

Code: A611

**PRODUCT DESCRIPTION**

- Canned bison stew is made from chunks of bison, carrots, and potatoes in seasoned gravy.

**PACK/YIELD**

- Bison stew is packed in 24-ounce cans, which is about 3 servings (1 cup each).

**STORAGE**

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened bison stew in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

**PREPARATION/COOKING**

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

**USES AND TIPS**

- Enjoy bison stew by itself, warmed out of the can.
- Use bison stew in a variety of soups or casseroles.
- Serve bison stew over rice or potatoes with a salad for a complete meal.

**NUTRITION INFORMATION**

- 1 cup of bison stew is equal to 1 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet the daily recommendation is about 5 ½ ounces of meat. A serving of meat is about 3 ounces.
- 1 cup of bison stew provides 25% of the daily amount of vitamin A and 15% of the daily amount of iron.

**FOOD SAFETY INFORMATION**

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

**OTHER RESOURCES**

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

**NUTRITION FACTS**

Serving size: 1 cup (242g) canned bison stew

**Amount Per Serving**

<b>Calories</b>	230	<b>Calories from Fat</b>	90
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**% Daily Value\***

<b>Total Fat</b> 10g	<b>16%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 1000mg	<b>42%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 14g	

Vitamin A	25%	Vitamin C	0%
Calcium	2%	Iron	15%

\*Percent Daily Values are based on a 2,000 calorie diet.

## STEW AND NOODLES

**MAKES ABOUT 6 SERVINGS**

### Ingredients

- 2 cups egg noodles, uncooked
- 1 can (about 24 ounces) bison stew
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder

### Directions

1. Cook noodles according to package directions. Drain well.
2. In a medium-size pan, combine bison stew with black pepper and garlic. Cook over medium heat until just boiling.
3. Spoon stew over cooked noodles to serve.

#### Nutritional Information for 1 serving (about 1 cup) Stew and Noodles

<b>Calories</b>	260	<b>Cholesterol</b>	45 mg	<b>Sugar</b>	2 g	<b>Vitamin C</b>	0 mg
<b>Calories from Fat</b>	60	<b>Sodium</b>	470 mg	<b>Protein</b>	11 g	<b>Calcium</b>	22 mg
<b>Total Fat</b>	7 g	<b>Total Carbohydrate</b>	37 g	<b>Vitamin A</b>	6 RAE	<b>Iron</b>	2 mg
<b>Saturated Fat</b>	2.5 g	<b>Dietary Fiber</b>	2 g				

*Recipe provided by USDA FNS, Food Distribution Division, 2009*

## BISON CORNBREAD CASSEROLE

**MAKES ABOUT 6 SERVINGS**

### Ingredients

- 1 can (about 24 ounces) bison stew
- ⅔ cup cornmeal
- ⅓ cup flour
- 3 tablespoons sugar
- ⅛ teaspoon salt
- 1 egg
- ¾ cup low-fat milk (can use fat-free milk instead)
- 1 tablespoon vegetable oil

### Directions

1. Preheat oven to 350 degrees F.
2. Spoon bison stew into an 8x8-inch baking dish.
3. In a medium bowl, mix together the cornmeal, flour, sugar, and salt. Stir in egg, milk, and oil and mix well.
4. Drop cornmeal batter by the spoonful over stew, then spread out to cover the stew to form a crust over the meat.
5. Bake for 30 minutes or until cornbread is firm and golden brown.

#### Nutritional Information for 1 serving (about 1 cup) Bison Cornbread Casserole

<b>Calories</b>	300	<b>Cholesterol</b>	50 mg	<b>Sugar</b>	10 g	<b>Vitamin C</b>	0 mg
<b>Calories from Fat</b>	80	<b>Sodium</b>	540 mg	<b>Protein</b>	12 g	<b>Calcium</b>	56 mg
<b>Total Fat</b>	9 g	<b>Total Carbohydrate</b>	44 g	<b>Vitamin A</b>	30 RAE	<b>Iron</b>	3 mg
<b>Saturated Fat</b>	2.5 g	<b>Dietary Fiber</b>	3 g				

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